

# Stress reduction and relaxation tuition (40 GBP)



Location **South West, Hampshire**  
<https://www.freeadsz.co.uk/x-559234-z>

Everyday stresses taking its toll on your life, health and relationships? No time or energy left for you, to relax? Wish you could better stress and learn how to 'switch off' and relax?

We will look at what happens in our bodies when we are stressed and how this can significantly impact on our health and well-being, as well how to recognise the signs of overstress.

You will provided with some ideas of how to find relief from stress, that fit into your daily routine, including simple breathing exercises to help you feel calm.

We will explore practical ways to reduce stress in your life and a range of relaxation techniques.

There is a no 'one size' fits all, as we are all different, so there are serval approaches we can take. The first session will be an hour and half, but you only pay for an hour. This allows us time to get to know each other and for me to tailor the tuition to what works for you.

Â My hours are flexible; I can work daytime, evenings and weekends to fit around your work and home commitments.

Please call me in confidence, to discuss how I may help in a friendly, compassionate, non-judgemental way.

For further information contact Sandy:

Tel: 07927 909782 07927 9097...(click to reveal full phone number)

Email: click to contact

Website: [atathena.co.uk](http://atathena.co.uk)

Facebook: [www.facebook.com](http://www.facebook.com)



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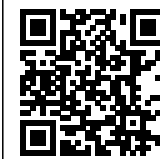
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